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10 Relaxation Techniques That Zap Stress Fast

By Jeannette Moninger

You deserve it, it's good for you, and it takes less time than you think. You don't need a spa weekend or a retreat. Each of these stress-relieving tips can get you from OMG to om in less than 15 minutes.

1. Meditate

A few minutes of practice per day can help ease [anxiety](#). "Research suggests that daily [meditation](#) may alter the [brain's](#) neural pathways, making you more resilient to stress," says [psychologist](#) Robbie Maller Hartman, PhD, a Chicago health and [wellness coach](#).

It's simple. Sit up straight with both feet on the floor. Close your [eyes](#). Focus your attention on reciting -- out loud or silently -- a positive mantra such as "I feel at peace" or "I love myself." Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, [eyes](#) closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your [abdomen](#) and work its way to the top of your head. Reverse the process as you exhale through your [mouth](#). "Deep breathing counters the effects of stress by slowing the [heart rate](#) and lowering [blood pressure](#)," psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present

Slow down. "Take 5 minutes and focus on only one behavior with awareness," Tutin says. Notice how the air feels on your face when you're walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

Newsletter
Editor:

Paula P. Seamster



10 Relaxation Techniques That Zap Stress Fast

(Continued)

“Simply be aware of places you feel tight or loose without trying to change anything,” Tutin says. For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

6. Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your [eyes](#) and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to [massage](#) away tension.

“Place the ball between your back and the wall. Lean into the ball, and hold gentle pressure for up to 15 seconds. Then move the ball to another spot, and apply pressure,” says Cathy Benninger, a nurse practitioner and assistant professor at The Ohio State University Wexner Medical Center in Columbus.

7. Laugh Out Loud

A good belly laugh doesn’t just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts [brain](#) chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile.

8. Crank Up the Tunes

Research shows that listening to soothing music can lower blood pressure, heart rate, and [anxiety](#). “Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece,” Benninger says. You also can blow off steam by rocking out to more upbeat tunes -- or singing at the top of your [lungs](#)!

9. Get Moving

You don’t have to run in order to get a runner’s high. All forms of [exercise](#), including [yoga](#) and walking, can ease [depression](#) and anxiety by helping the [brain](#) release feel-good chemicals and by giving your body a chance to practice [dealing with stress](#). You can go for a quick walk around the block, take the stairs up and down a few flights, or do some [stretching exercises](#) like head rolls and [shoulder](#) shrugs.

10. Be Grateful

Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life.

“Being grateful for your blessings cancels out negative thoughts and worries,” says Joni Emmerling, a wellness coach in Greenville, NC.

Use these journals to savor good experiences like a child’s smile, a sunshine-filled day, and good health. Don’t forget to celebrate accomplishments like mastering a new task at work or a new hobby.

When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.

Pumpkin Facts

In the United States, pumpkins go hand in hand with the fall holidays of Halloween and Thanksgiving. An orange fruit harvested in October, this nutritious and versatile plant features flowers, seeds and flesh that are edible and rich in vitamins. Pumpkin is used to make soups, desserts and breads, and many Americans include pumpkin pie in their Thanksgiving meals. Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland. Back then, however, jack-o'-lanterns were made out of turnips or potatoes; it wasn't until Irish immigrants arrived in America and discovered the pumpkin that a new Halloween ritual was born.

Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. These plants are native to Central America and Mexico, but now grow on six continents. The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds. Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.

In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."

Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron. The heaviest pumpkin weighed 1,810 lb 8 oz and was presented by Chris Stevens at the Stillwater Harvest Fest in Stillwater, Minnesota, in October 2010.

Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.





First Annual

Domestic Violence Awareness

BENEFIT CONCERT & FISH FRY

FUNDRAISER

Music By



Cruise Control



*Spend a beautiful fall afternoon
at the lake while enjoying great
beach, boogie and blues music.*

Don't forget your chair!

For more information contact

Family Services of Caswell County @ 336.694.5750

"WORKING TO END



Saturday, October 13, 2018

11 AM-2 PM

S.R. Farmer Lake

3268 Badgett Sisters Parkway

Yanceyville, NC



!!!!!!Free Admission!!!!!!

**Please consider giving a donation to assist
local victims of domestic violence.**

Food By Johnny Robinson



Plates \$7

**Comes with 2
sides and a
drink**

DOMESTIC VIOLENCE"



**6th Annual
Caswell Breast Cancer
5K Trail Fun Run/Walk
1Mile Kids Run**

Saturday, October 13, 2018
Registration/Check in 8-9 AM
Kid's race starts at 9:15
5K starts following Kids Race
Location: Fire Tower Rd, Yanceyville NC

**2018 Registration Form
5K Entry Fees**

Adults.....\$20.00 Kids 12 & under.....\$10.00
Teams of 6 or more.....\$15.00 per person

Name: _____ **Phone:** _____
Age: _____

*****First 50 participants registered before October 1st will receive a free T-Shirt*****
T-Shirt size: Adult S M L XL XXL Youth S M L XL

Prizes given in each age group and over all male and female

Mail Fee and Entry Form to: **(Make Checks out to Caswell Emergency Management)**
Caswell EM
Attn: Barry Lynch
PO Box 98
Yanceyville, NC 27379

Sponsored By: **Caswell Emergency Management**
Race Director- Barry Lynch 434-250-2849

Gunn Memorial Public Library Events Oct - Nov - 2018



Library Renovations



More Construction Pictures! After realizing that we will need time to move everything back into the building and get all the books in place – we are looking at May 1st as the Grand Opening!

We also want to thank those who have contributed to the construction and funding to expanded programs once we move back into our new facility:

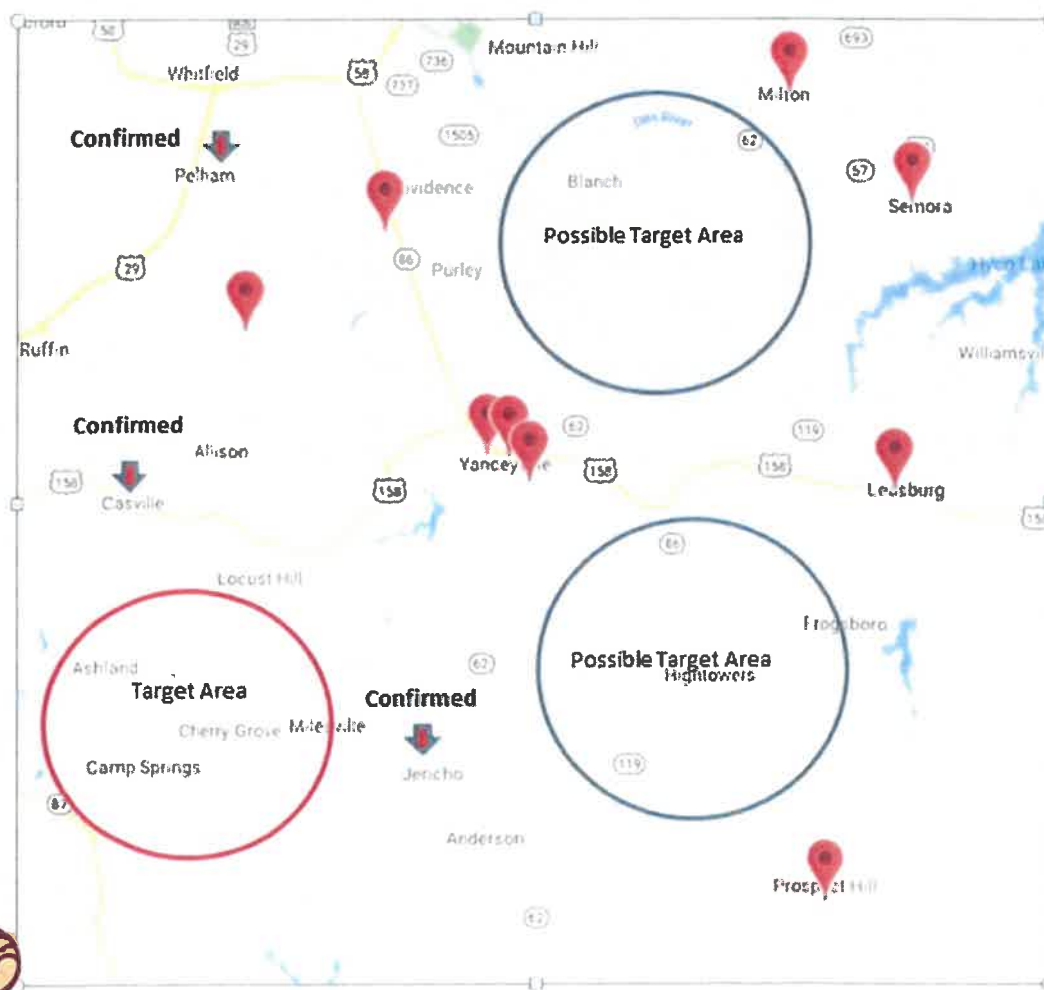
- Piedmont Electric 0% 10-year loan - \$995,000
- Golden LEAF Foundation - \$700,200
- Danville Regional Foundation - \$455,000
- Cannon Foundation - \$75,000
- Community Foundation (moving expenses) -
- Ronald McDonald House Charities (Children's Furniture) - \$10,000
- Duke Energy (STEM – Maker Space) - \$44,000
- State Library LSTA Grant (Career and Technology) - \$49,978
- Friends of the Library – Book Sales, Bake Sales, and many other fund raisers!
- Commissioners, County Agencies and Individuals

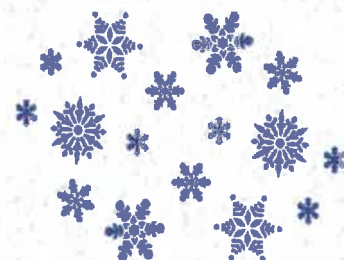


Free Little Libraries

Free Little Libraries in Caswell County!

Thanks to Representative Graig Meyer and Mighty Neighborly, the Caswell County Public Library has partnered with the Caswell Partnership for Children and the Local Foods Council to bring Free Little Libraries to Caswell County. The Partnership and Library have identified public locations throughout Caswell County and have been working to get permission from the land owners to place the Free Little Libraries at each location. Representative Graig Meyer has worked to fund the Little Libraries which are being built and donated by Mighty Neighborly. This is truly a joint venture to provide free books throughout Caswell County! PLEASE FEEL FREE TO DONATE BOOKS EITHER TO US OR DIRECTLY PLACE THEM IN ONE OF THE LITTLE LIBRARIES! (This map includes all little library locations in Caswell – not just those sponsored by the library).

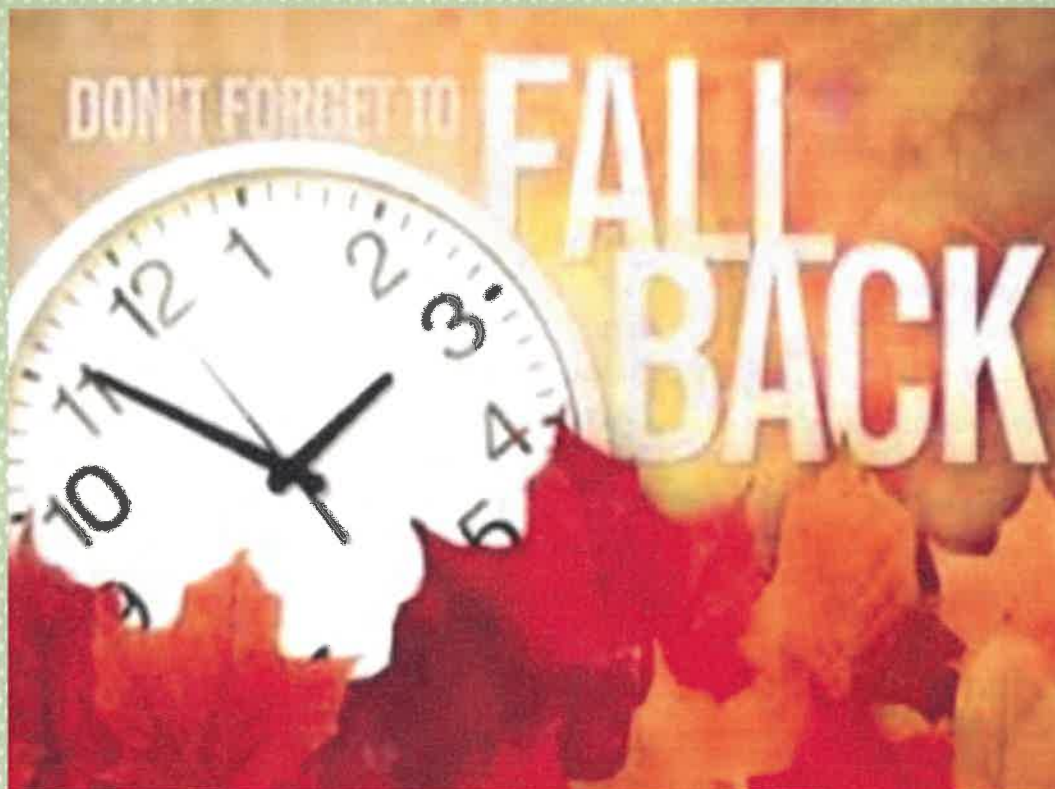




Ashley Kirby and BJ Powell are engaged to tie the knot on Saturday, December 8, 2018.

The staff at the Historic Courthouse would like to wish Ashley and BJ the best of luck in their future together





Sunday, November 4, 2018

Happy Birthday!!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		OCTOBER
Rita Simon	Senior Services	1
Corey Ward	EMS	2
Mary Jo Henderson	Elections	3
Kathy Tolles	Building Inspections	4
Sandra Tate	Health Department	5
Beverly Gwynn	Maintenance	5
Tonya Moyer	DSS	5
Elizabeth Strader	EMS	6
Heather Thomas	DSS	7
Kristen Hamlett	Finance	9
Jonna Lunsford	DSS	10
James Goin	911	10
Rebecca Dix	Register of Deeds	10
Thomas Bernard	Tax Department	11
Wes Harrington	Sheriff Department	12
Robert Mitchell	CATS	14
Tony Durden	Sheriff Department	14
Gwen Vaughn	Finance	15
Harlee Denny	911 Communications	16
Ajarie Holman	Library	17
Rick McVey	Commissioner	18
Rhonda Griffin	Library	19
Melissa Williamson	CATS	19
Lekisha Anderson	DSS	19
Lisa Anderson	DSS	20
Jonathan Long	EMS	20
Charleste Bigelow	DSS	25
Sharon Rose	Health Department	27
Lisa Briggs	DSS	28
Mazen Asad	Finance	29
Kenneth Underwood	Sheriff Department	29
Grayson Allred	Sheriff Department	30



Happy Birthday!!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		NOVEMBER
Tim Smith	Landfill	1
Katrina White	Health Department	1
Ray Rearrington	Section 8 Housing	3
Kendra Ferrell	Health Department	5
Brenda McCollum	DSS	7
Daniel Burns	EMS	10
Kelly Cobb	Health Department	11
Christy Marlowe	DSS	12
Francina Jones	Family Services	12
Preston Halstead	Sheriff Department	12
Betty Hodges	Health Department	13
Darla Atkinson	Family Services	13
Sylvia Price	Detention	16
Julia Vernon	Sheriff Department	16
Barrett Pierce	911	17
Chuvola Johnson	DSS	21
Pamela Powell	Health Department	21
Jimmy Taylor	CATS	22
Joshua Haley	Sheriff Department	26
Katie Miller	DSS	28

Happy Birthday!!

EMPLOYEE	DEPARTMENT	BIRTHDATE
		DECEMBER
Regina Cardwell	EMS	3
Tonya Wingate	Caswell Soil & Water	4
Amy Harris	DSS	5
Michael Allen	Sheriff	7
Karen Brann	Library	7
Joyce Rainey	CATS	8
Marcie Smith	EMS	8
Jerry Swann	Detention Center	9
David Owen	Commissioner	11
Ricky Young	Detention Center	11
Laura Beagle	911 Communications	13
Andy Stanley	Landfill	14
Cameron Gannaway	Detention Center	14
Marvin Sidney	CATS	14
Jasmine Henderson	DSS	16
Barry Lynch	EMS/Emergency Mgmt.	18
Wade Anderson	Farmer Lake	19
Jacqlyn Fore	EMS	19
Donnell Corbett	CATS	20
Katlyn Rose	Health Department	21
Tommy Ray	Sheriff Department	24
Bryan Miller	County Manager	29
Eugene Riddick	Sheriff Department	30

Upcoming Events

County Commissioners' Meetings

Monday, October 1st @ 9:00 a.m. & October 15th @ 6:30 p.m.
Monday, November 5th @ 9:00 a.m. & November 19th @ 6:30 p.m.
Monday, December 3rd @ 9:00 a.m. & December 17th @ 6:30 p.m.

Community Events

Saturday, November 11th @ 11:00 a.m. – Veterans Day
Ceremony – Civic Center
Friday, November 30th @ 6:00 p.m. to 8:00 p.m. – CCHA Christmas Tree
Lighting Ceremony – Yanceyville Pavilion
Saturday, December 1st @ 10:00 a.m. – Yanceyville Christmas Parade

Employee Appreciation Luncheon

Wednesday, December 5th @ 12:00 – 3:00 p.m. – Civic Center



Preserving the Past . . .



Embracing the Future!

Caswell Connection Newsletter Staff

Ashley Kirby, Administration
Calvin Connally, Maintenance
Rhonda Griffin, Library
Jonna Lunsford, DSS
Tonya Pegg, Youth Outreach
Angie Talbott, Cooperative Extension
Paula Seamster, Administration
Mindy Satterfield, Human Resources
Melissa Williamson, CATS
Yvette Williams, DSS



**Gobble, Gobble
Something Else!**

